

RAPPORT #3

To-do list:

- Read IT RSS feeds
- Find literature, RSS feeds about emotional intelligence (optimism, motivation, pleasure and learning)
- Start to read literature on emotional intelligence.
- Start to read chapter 3 of UML eBook

Advancement:

- I have done 50 % of “read chapter 3” task, I am on delay in this task.
- I find some literature on emotional intelligence and I read a condensed summary of Dr Martin SELIGMAN book’s “*Learned Optimism: How to Change Your Mind and Your Life* (1990).”

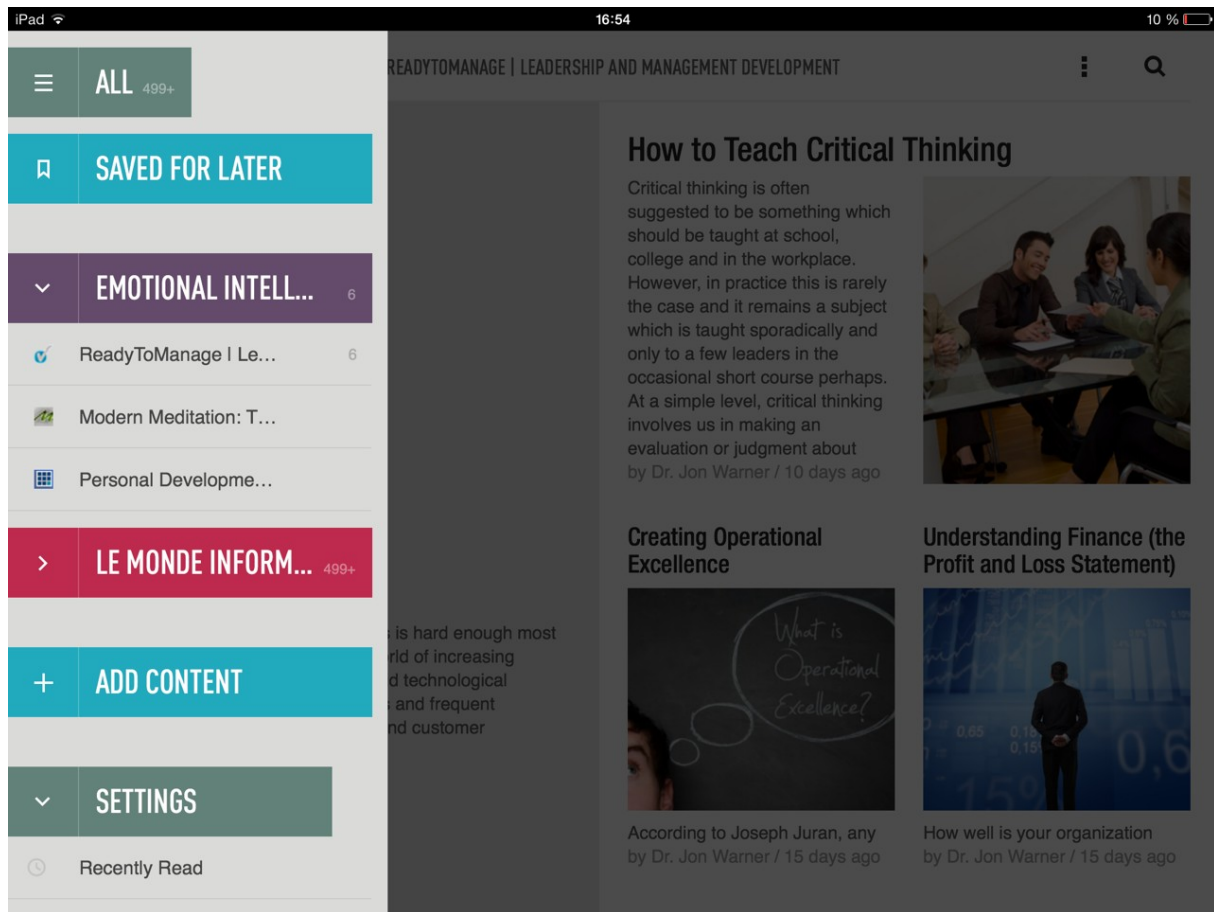
Result of the optimism level test:

Permanence Bad Score	1	very optimistic
Permanence Good Score	4	average
Pervasiveness Bad Score	1	very optimistic
Pervasiveness Good Score	6	moderately optimistic
Stuff of Hope	2	extraordinarily hopeful
Personalization Bad Score	4	average
Personalization Good Score	3	moderately pessimistic
Total Bad Score	6	very optimistic
Total Good Score	13	thinking is quite pessimistic
Good minus Bad Score	7	moderately optimistic

Calculate

- I read my IT rss feeds but less than during the past weeks; I think it was mainly because I lacked time. Besides I fell like there is a decrease in motivation even if I don’t know why.
- I didn’t read article on motivation yet but that’s what I’m going to do this week.

EMOTIONAL INTELLIGENCE RSS FEEDS:



Self-evaluation:

I'm still motivated to learn UML modeling, in fact I'm up to date in that learning process. It took me some time to search and select literature on emotional intelligence. I read various articles on that topic besides reading the condensed summary (16 pages) of Dr Seligman book. I didn't feel annoying reading those articles because I found things which spoke to me. As regards IT rss feeds, I'm done the job but I felt like there was less motivation. Therefore, during this week I will focus on reading motivation literature and rss feeds. With the hope to find good tips to set up in other to remain motivated.

For the two next weeks:

- Finish the chapter 3 of UML modeling and take up to 50% the advancement of chapter 4
- Read rss feeds and literature on motivation
- Set up some tips to remain motivated